226 used in the river for larger fish. The pejibaye part is fitted into the cane and tied with string. The string used for fishing is always made of *pita* (*Aechmea magdalenae* André) (see p. 15). Occasionally a bow is used to shoot the fish. The only difference between the arrow and the spear, is that the arrow has a trifle shorter shaft.

Crayfish and river crabs are caught by hand, chiefly by the young boys who remove the stones in the stream and catch the shell fish from under them. It is nothing unusual that a hundred or more are caught at one time, the result being enjoyed by practically the whole tribe.

252 [415] **Food Preparation.** The food of the *Boruca* is cooked in earthenware vessels, and, if the means of the family permit, in iron pots. These are placed on top of the three hearth stones, which are on the earthen floor, or on the *fogón*, or stove (see p. 12). For grinding grain, metates or grinding stones, called *tumbas* in Costa Rica, are used. These are natural boulders worn smooth on top. The grinding is done with a smaller flat stone with wide rounded edges. This stone is held up-right on the edges and is rolled from side to side, and not pushed backward and forward as in the greater part of Central America (see fig. 5, *a*). The small metates found in ancient graves are never used for corn, but frequently for grinding cacao, often with a pestle-like stone as the grinder.

[412]

264 415 When food is not taken by hand from the vessel in which it is cooked, it is served on cheap tin plates, or, in poorer households, in gourds (see p. 19), and eaten either with the fingers, a spoon, or a fork.

258 [263 484] One of the most important elements of food of the *Boruca* is salt (see p. 24). The *Boruca* make a trip to the coast yearly to extract the famous *sal de piedra*, or rock salt, which lasts indefinitely, and has a fishy strong flavor. This rock salt is made by gathering the driftwood on the beach and burning it. A *baba* (a large-holed basket made of a vine or tree fiber, see p. 15) is lined with leaves and hung over a clay vessel. The ashes are put into the *baba* and sea water poured over them. The residue from this filtering process falls into the clay pot. This residue is cooked until it is dry and then recooked, about three times in all. The result

3:Stone E-5 (1945) 1949
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Boruca

258 is a rock-like mass with dark strata-like lines due to the ashes and sea sand. This rock salt is so hard that to procure salt for use it is necessary to scrape it with a sharp knife. A very little is sufficient as it is much stronger than ordinary salt. Rock salt, besides its general [154] use in cooking, is much sought after by sorceresses.

Occasionally, instead of making all their salt into rock salt, the *Boruca* extract the residue after the first cooking and put it in a gourd. This they put in the hot sun until the contents are thoroughly dried. The result is a softer, not so strong-flavored, and more easily used salt which is called in the Boruca tongue *kj'-kɔg*. This literally translated means "salt liver," as it is softer than the rock salt, and liver is one of the softest elements of the body.

252 Although the *Boruca* do not make many tortillas, they distinguish between those made of old corn and those made of sprouted corn (*maíz nacido*). They also make tortillas from green plantains, and from the fruit of the wild *ojoche tree* (see p. 7). Atol is made from rice and corn, and given to the babies when they are weaned. When rice is not dried on hides, [251] it is hung from the ceiling over the stove and smoked dry. Then it is put into a wooden mortar and husked, to be boiled when needed.

Plaintains are roasted with and without the skin. They are also fried. Green plantains are peeled and placed on hides in the sun to dry. They are then kept in a knotted string bag (see p. 18) in the kitchen. When the plantain has hung for sufficient time to be very, very dry, it is ground to a fine powder and used as a flour for making tortillas or tamales. A wooden knife is always employed to cut the [412] dried plantains, because if a steel knife is used, a black stain results and the flour, consequently, is colored.

Hen eggs are generally eaten, but occasionally a man will bring crocodile eggs from the river. These are cooked with *guayabo* (guava) leaves (see p. 6) to take away the strong taste. Foodstuffs (see p. 7) such as mushrooms, hearts of palm, and flowers, including the blossoms of the papaya and the *poró* tree, are usually boiled, cut up, and mixed with hen eggs. Sometimes meat is substituted for the eggs. The cob-like inflorescence of various